

# **Voluntary Action Angus**

## **Weekly Bulletin**

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*25th August*




**Third Sector Interface**



This weeks content covers:

**International Youth Day Event  
Community Together Partnership  
Available funding  
The Changing Room  
New volunteering opportunities  
Available support and information**

*We hope you enjoy reading some of the latest information  
and updates from the third sector, across Angus in this  
weeks Voluntary Action Angus TSI bulletin.*



# VOLUNTARY ACTION ANGUS

## International Youth Day Event

We held our International Youth Day event at The Cross, Forfar on Friday 18 August.

This event allowed us to kickstart discussions with local youth volunteers and organisations who support youth volunteering, on the challenges that young people can face when trying to give back to their communities and the challenges organisations face when trying to get young volunteers on board.

We hope to hold further sessions like this to help pave the way for more effective and inclusive youth volunteer programs in Angus in the future, so watch this space!

For more information on the sessions, email [adhamh@voluntaryactionangus.org.uk](mailto:adhamh@voluntaryactionangus.org.uk)



## Breast Buddies Angus new time and date for the Brechin Support Group!

Breast Buddies Angus run regular support groups across Angus, open to parents with bumps/babies of any age. They are free, drop in, very informal sociable groups, no need to have breastfeeding challenges to come along, you are welcome to come and chat to other mums over a cuppy!

Our Brechin group now runs every Thursday from 12pm – 1.30pm at The Crickety, DD9 7BJ.

Find more information on Breast Buddies Angus and our support groups [here](#).





## Community Together Partnership

On Saturday, 19 August Voluntary Action Angus and Arbroath Scottish Fire and Rescue Service were present at Tesco in Arbroath to promote the Community Together Partnership, a new project aimed at tackling food insecurity by providing an alternative to local food banks.



Members of the public can pick up a dedicated gift card in store and load a monetary value onto it when they get to the check out. This value is then passed onto the Customer Service team, who will generate codes once a month and pass them on to partner agencies and organisations in Arbroath for those who find themselves in crisis. These codes can be redeemed by those in need at the customer service desk for a gift card to use in store.

The user can buy goods such as food and consumables such as nappies, baby milk powder and pet food but does not allow the purchase of alcohol, tobacco or scratch cards. A similar scheme has proved to be successful in Montrose, especially for those who find accessing the local food bank difficult or where a food bank may not be appropriate due to allergies or additional support needs.

For more information, email [info@voluntaryactionangus.org.uk](mailto:info@voluntaryactionangus.org.uk)

## PROTECTING PEOPLE ANGUS

### Culture of Kindness Workshops and Conference

Protecting People Angus are pleased to introduce a program of learning workshops looking at an introduction of a Culture of Kindness to Angus.

These sessions are open to multi-agency staff, volunteers, students, and carers who are involved in supporting people in Angus.

Find more information on the Culture of Kindness events and conference [here](#).



# ANGUS INTEGRATED DRUG & ALCOHOL RECOVERY SERVICE

## Conversation Cafes

Angus Integrated Drug and Alcohol Recovery Service (AIDARS) have been asked to deliver 8 Conversation Cafes this October so that every medical student in 3rd year at Dundee University gets the chance to learn about addiction and recovery through having open and equal conversations with people in recovery.

**They are all taking place at Ninewells Hospital this October, and the dates/times are as follows:**

- Monday 16th from 2-4pm
- Tuesday 17th from 2-4pm
- Thursday 19th from 2-4pm
- Friday 20th from 2-4pm
- Monday 23rd from 2-4pm
- Tuesday 24th from 4-6pm
- Thursday 26th from 3-5pm
- Friday 27th from 2-4pm

We are looking for people in recovery from all areas of Tayside, who have lived experience of addiction and recovery to come along to our cafes. Travel expenses can be claimed from the Scottish Recovery Consortium (SRC) for anyone traveling to Ninewells to take part.

The feedback from students and the community from our last Conversation Cafes was amazing!

For further information, text **07952 925713** or email **[seonaid.anderson@nhs.scot](mailto:seonaid.anderson@nhs.scot)**





# ANGUS INDEPENDENT ADVOCACY

## Could you be a Volunteer Citizen Advocate?

We are looking for Angus residents to become volunteer Citizen Advocates. An ideal Citizen Advocate will share their core purpose of supporting people to have their voices heard and uphold the organisation's values.

### You must be:

- Aged 18+
- Non-judgemental
- Have good communication and listening skills

Find more information and apply **here**



# ANGUS CITIZENS ADVICE BUREAU

## Volunteer with us!

We have a fantastic range of rewarding volunteer roles including providing generalist advice, collating social policy information, administrative, reception roles or as a Board Member, working out of three offices in Angus located in Arbroath, Forfar and Montrose.

Find more information and apply **here**.



# TAYSIDE CANCER SUPPORT

## Volunteer befrienders wanted

Tayside Cancer Support offers the opportunity for anyone affected by cancer in Tayside and the surrounding area to receive emotional, social and practical support, either on an individual basis or in a group setting.

We are looking for volunteer befrienders who are willing to give up their time to support clients living with cancer.

Find more information and apply **here**.



## CARNOUSTIE PANMURE GIRLS FC

**New 2017/2018 team!**

Carnoustie Panmure Girls FC are delighted to now be recruiting 2017 and 2018 youth team players and volunteer coaches for our brand new team!

We wish to invite parents/ guardians of girls born in 2017 and 2018 who have an interest in playing football to register their child via our email address: **footballdevelopment@angusalive.scot**

**Please provide the below information:**

- Child's name and D.O.B
- Parent/guardian name
- Email address and contact number
- Interested in helping with the new team as coach/ organiser ? (yes/no)

The closing date for applications will be **Tuesday 29 August**, we will then contact you all with information on the training plan and next steps.



# ANGUS EMPLOYABILITY HIVE

## **Understanding Anxiety and Introduction to Neurodiversity sessions**

Upcoming sessions aimed at employers, training providers, key workers and those supporting people to find and/or sustain work, delivered by New Solutions.

### **The Anxiety sessions will cover:**

What is anxiety? What does anxiety look like? How can I help? What Strategies can help and which ones hinder?

### **The Introduction to Neurodiversity session will cover:**

An introduction to signs and symptoms, simple tools, techniques and strategies, common misconceptions, co-morbid presentations and challenges

### **Where and when?**

Both sessions are at Dundee & Angus College, Auditorium, Enterprise Suite, Keptie Road Arbroath on Wednesday 13 September

**Understanding Anxiety:** 9:30am–11.30am

**Introduction to Neurodiversity ASD/ADHD:** 1pm–3.30pm

Sign up for the Understanding Anxiety session **here**.

Sign up for the Introduction to Neurodiversity session **here**.





# ANGUS ALIVE

## Graham Morgan, Mental Welfare Commission for Scotland



Graham Morgan will return to Angus Voice to share his own lived experience alongside the work that the Mental Welfare Commission does for Angus, and across Scotland.

The visit will take the form of a talk by Graham, highlighting the necessity and involvement of people with lived experiences to shape mental health services within the community. This will be followed by a Q&A / discussion session where members, volunteers and professionals can, if comfortable to do so, share their own thoughts and experiences with Graham and our peer support group.

### Where and when?

The event will be held on Friday 1st September from 2pm–4pm in the Liz Forsyth Room at Voluntary Action Angus, 5–7 The Cross, Forfar in a relaxed environment, with light refreshments.

Please contact [sapphire@angusvoice.co.uk](mailto:sapphire@angusvoice.co.uk) for further information or if you would like to attend.

# NATURESCOT

## Nature Restoration Fund

The Nature Restoration Fund has two streams, Helping Nature, for grants of £25,000 to £250,000 and Transforming Nature grants of £250,000 upwards, including development projects.

Helping Nature funding is available for grants of £25,000 to £250,000 for activity lasting up to 24 months from the start date of the project however all activity must be completed by the end of March 2026.

Transforming Nature funding is available for grants of £250,000 upwards for single or multi-year projects however all activity must be completed by the end of March 2026.

Find more information and apply [here](#).



# INSPIRING SCOTLAND

## Autistic Adult Support Fund now open!

The Autistic Adult Support Fund launched on Wednesday 16 August 2023 aiming to help adults with an autism diagnosis, self-identified autistic adults, and their families and carers understand what neurodivergence means for them and improve their wellbeing.

The Autistic Adult Support Fund will provide £500,000 for the six-month period from October 2023 to end of March 2024.

Facilitated by Inspiring Scotland, funded by the Scottish Government, the Autistic Adult Support Fund builds on the work of a pilot which ran between 2020 and 2023 and funded seven organisations to provide post diagnostic support to autistic people.

Find more information and apply **here**.

The deadline for applications is **12pm** on **Wednesday 13 September 2023**.



## FREE PERIOD ANGUS

### Red Tent Event

Join us online for our next Red Tent Event, where Gemma Blamire is back to talk us through getting the most out of our GP appointment on our menopause journey.

Red Tent Events allows people to have honest and open discussions about menopause, menstrual wellbeing and mental health in a safe and supportive environment.

#### When?

Thursday 31 August 7.30pm- 9pm

Reserve your free space **here**.





# ARBROATH FC COMMUNITY TRUST

## **The Changing Room - We are here for Men's Mental Health**

We are now looking for applicants who want to join our first The Changing Room group!

This free 12-week course is for Men who wish to lead a healthier, happier lifestyle. The course aims to bring Men together to tackle Mental Health.

The interactive course is a great chance to get behind the scenes of the club, create connections and try new activities.

Whether you are a Lichtie or looking to support others, The Changing Room will take place every Monday at Gayfield Park, 7.30pm - 9.00pm beginning in September.

### **What to expect over the 12-weeks?**

- 90-minute sessions split into two 45-minute halves
- To learn more about your Wellbeing
- To get behind the scenes at your Football Club
- Plenty of banter, and a chance to get a good blether

This programme is free to attend and is delivered by Arbroath FCCT, managed by SAMH (Scottish Association for Mental Health) with support from the SPFL Trust and funding from Movember.

Find out more **here**.

Register an interest today by contacting  
**[georgia@arbroathfcct.co.uk](mailto:georgia@arbroathfcct.co.uk)**.



## SUBMITTING YOUR CONTENT

Would you like something added to next weeks bulletin? If so, send your submission to [Laura@voluntaryactionangus.org.uk](mailto:Laura@voluntaryactionangus.org.uk) by **5pm on Wednesday 30th August.**

## CATCH UP WITH OLDER CONTENT

Read our previous bulletins [here](#)

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